## **GYE - Guard Your Eyes**

Generated: 4 September, 2025, 14:30

SC's Journey Posted by stevec613 - 23 Sep 2009 00:29

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Hi. I am somewhat new to the site. I was introduced to the GYE site through a article on aish.com several weeks ago. I have scanned much of the material on the site and I have spent the last few weeks silently lurking on message board and reading the daily chizuk e-mail and decided to register so that I could start telling my story, asking questions and offering support where possible.

My story is fairly similar to many of the other that I have read. I got hooked at an early age and never stood a chance after that even as I matured. The toughest years were the teenage and pre marriage days. I thought I had the habit kicked for the first 3-5 years of marriage. the habit only returned once high speed internet and access in cell phones and the internet became the norm.

I am a father, a husband and a professional. I have what I consider a good job in a large north american city.

I have been clean since finding the website approximately a month ago. While my addiction may not have progressed to the level of others I am under no illusions that I am somehow protected from sinking to a lower level or that a month clean means I have beaten this addiction/habbit.

I have much more to write, however I really wanted to start posting and begin benefiting from the GYE community. Any suggestions that you all may wish to share would be greatly appreciated.

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23 Sep 2009 00:37		
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Welcome SC to GYE!! A month clean is amazing progress on the correct path.	ng. We will learn a lot from you sharing your
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Re: SC's Journey Posted by MosheF - 23 Sep 2009 00:46	
Hi, welcome. Iv'e been addicted for over 15 yearsite, keep reading, posting and welcome to the	
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Re: SC's Journey Posted by benavrahamhalevi - 23 Sep 2009 02	::25
Hi, Steve! A month clean is great, and you sour From a newbie like yourself, welcome to GYE!	nd like you've got a good attitude about recovery.
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Re: SC's Journey Posted by letakain - 23 Sep 2009 04:56	
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Re: SC's Journey Posted by Sturggle - 23 Sep 2009 05:07	
Welcome Steve!!	
Great time to join us!	
Big parties and lots of teshuva!	

Warmest welcome dearest chaver Steve,
The mere registering and becoming a member here insures that you are inscribed in the "book of the righteous"
I find the posting to be therapeutic and don't hesitate to use the pm, a lot goes on behind the
Love and prayer from a fellow struggler
Noorah from the house of Amram
I was hoping that someone can tell me what the "PM" is?
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Re: SC's Journey Posted by Noorah BAmram - 23 Sep 2009 12:48
It stands for private message and means just that. You click on the members name and in their profile there is an option to send a message that doesent' appear on the "public forum" its like email intranet exclusive for GYE members. When a message is received in your inbox you will get a notification @ the email address u used to sign up just like topic replys, with a link to
Noorah

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Re: SC's Journey Posted by nishmas - 23 Sep 2009 14:21	
stevec613,	
WELCOME!	
Nishmas	
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Re: SC's Journey Posted by bardichev - 23 Sep 2009 14:22	
WELCOME SC	
HI WE ARE ALL BATTLEWORN HERE AND BA	ATTLE READY
WE LIVE WITH ONE ANPTHERS UPS AND DO	)WNS
WE COME IN ALL SHAPES AND FORM AND E	SACKGOUND
I AM REALLY GLAD YOU ARE HERE AND YOU TIME	J COULDNT HAVE ENTERED AT A BETTER
RESOLVE TO STAY HER FOR 90 DAYS	

DO IT FOR YOUSELF YOUR DEAR WIFE WHOM YOU PROMISED TO LOVE
YOUR CUTE LITTLE KIDS WHO ONLY HAVE ONE CRACK AT HAVING A NORMAL FATHER
DONT BELITTLE YOUR STATURE IN YOUR COMMUNITY OR SHUL YOUR JOB
MOST OF ALL YOU WILL FINALLY FIND PEACE AND HAPPINESS
THIS FORUM IS NOT MAGIC
IT IS NOT A BRAINWASH EITHER
IT GIVES YOU THE ABILITY TO VERBALIZE YOUR FEEELINGS TO LIKE MINDED PEOPLE
WHO UNDERSTAND YOUR WEAKNESS AND HOPE FOR YOUR STRENGTH
NOORAH IS A GOOD GUY TO FOLLOW HE IS A FIERY WARRIOR
YOU CAN ALWAYS COUNT ON ME FOR A GUT VORT OR A NY STYLE COMPLIMENT( YOU SAID YOU ARE FROM north american city.)
WELCOME
HUMBLE AND HAPPY

bardichev
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Re: SC's Journey Posted by yechidah - 23 Sep 2009 14:30
welcome SC
we all struggle and we all help each other with our struggles and that is what alot of this site is about.
you say that you want to benefit from the GYE community but you will see that everything here is a 2 way street, and alot of us will benefit from you being here as well.
very happy that you are here
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Re: SC's Journey Posted by Rage AT Machine - 23 Sep 2009 15:20

SC...i too am a father, a husband and a professional. I too have what I consider a good paying job in a large north american city....(im not convinced its a good job, its good paying, id rather be raising cattle in new mexico)...i too have been struggling for my entire adult life...im at day 25 which is 24 more days than i can remember....i never realy imagined that i would be able to do 2.5 days yet alone 25 but alas, this forum and the daily emails go a long way...i would also recommend you familiarize yourself with the 12 steps...i chanced upon a book that explained the 12 steps from a torah perspective...while i dont think the 12 steps are magic the way, perhaps, some of the mods here do, i think there are some important keys to take from them...including, first and foremost, that basic principle that this is an addiction...also, the 12 steps program is very much focused on people sharing their history and the sharing alone being an effective remedy...i believe that this forum addresses that...of course we need the hand of gd...while that is a central point, there are different ways of realizing it...some folks here are the type to sit and cry to heaven in yeshiveshe reid...others do it differently...there is no right way, i

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think...mix that in with a healthy dose of commy punk rage and ive been clean for 25...anyway, good luck...keep comin back here... i have found that the more i come back here the less i can bring myself to go visit californication, if you get what i mean...

ratm		
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